


Nutrition Updates

February 25, 2020

Welcome!

Zoom Information

Hover over Zoom screen to view task bar at bottom

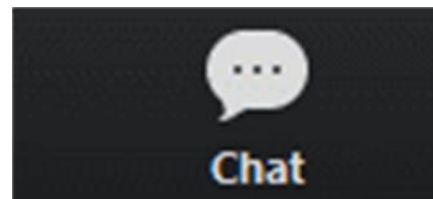
Audio

Webinar participants are muted

Audio test: click the arrow next to the microphone icon

Chat feature:

- Click on the Chat bubble



Polls – appear as a pop-up screen



Today's Expert Presenter

Rachel Scherr, PhD
Assistant Research Scientist,
UC Davis Department of Nutrition

Director, Center for Nutrition in Schools



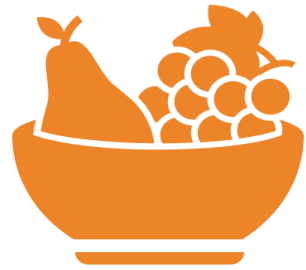
FOOD SECURITY IN THE US

CONSEQUENCES OF NOT HAVING ENOUGH

OUTLINE

- Definitions
- How Food Security is Measured
- Rates of Food Insecurity
- Components of Food Security
- Effects of Food Insecurity
- Challenges in Achieving Food Security
- Current Approaches to Improving Food Security

DEFINITIONS



What is Food Security?

Food security is defined as access to enough food by all members of a household at all times for an active, healthy life.



What is Food Insecurity?

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

MEASUREMENT

- How do we measure Food Security?
 - USDA's Food Security statistics are based on an annual survey.
 - Household Food Security Questionnaire
 - about 40,000 households
 - representative of all civilian households at state and national levels.
 - Survey includes questions about food security, food spending, and use of Federal and community food assistance programs.

POLL 1

According to 2018 data, what overall percentage of US households were reported as food insecure?

A) 7%

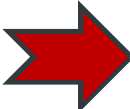

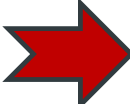
B) 11%

C) 16%

D) 21%

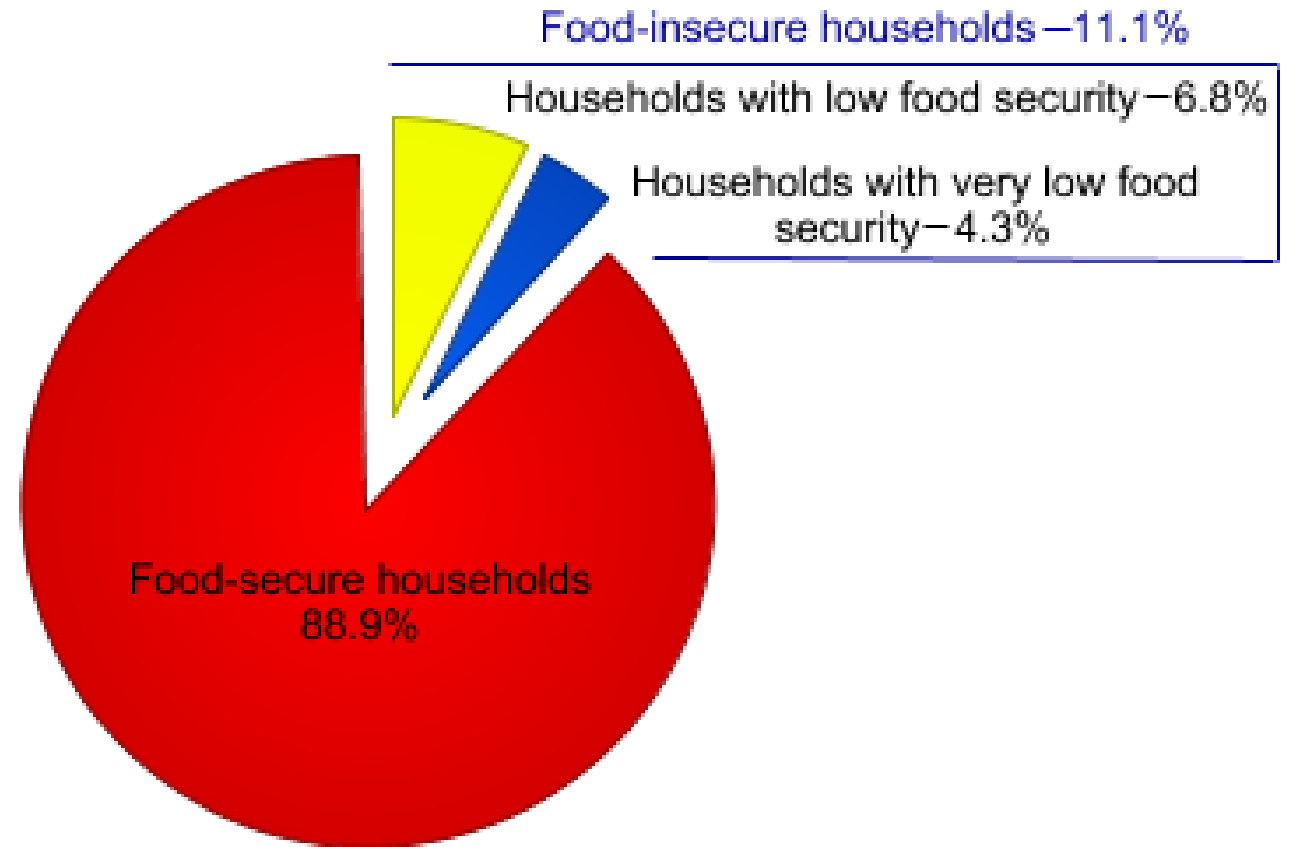
POLL 2

Rates of food insecurity were higher than the national average for which of the following groups? (choose all that apply)

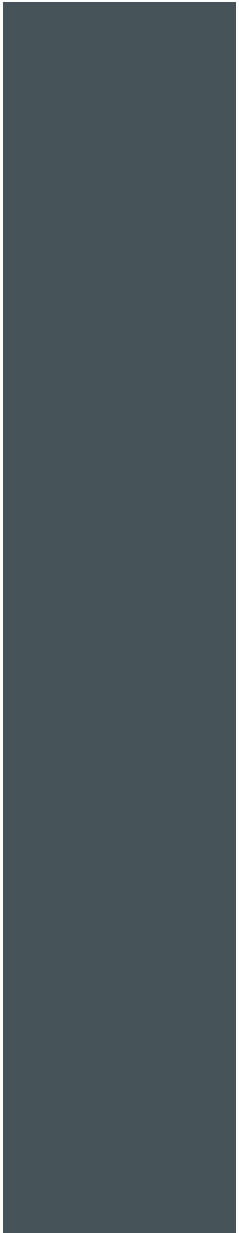
-  A) Households with children under age 6
-  B) Households with children headed by a single woman
- C) Households with elderly individuals
-  D) Hispanic households

RATES OF FOOD SECURITY IN THE US

U.S. households by food security status, 2018

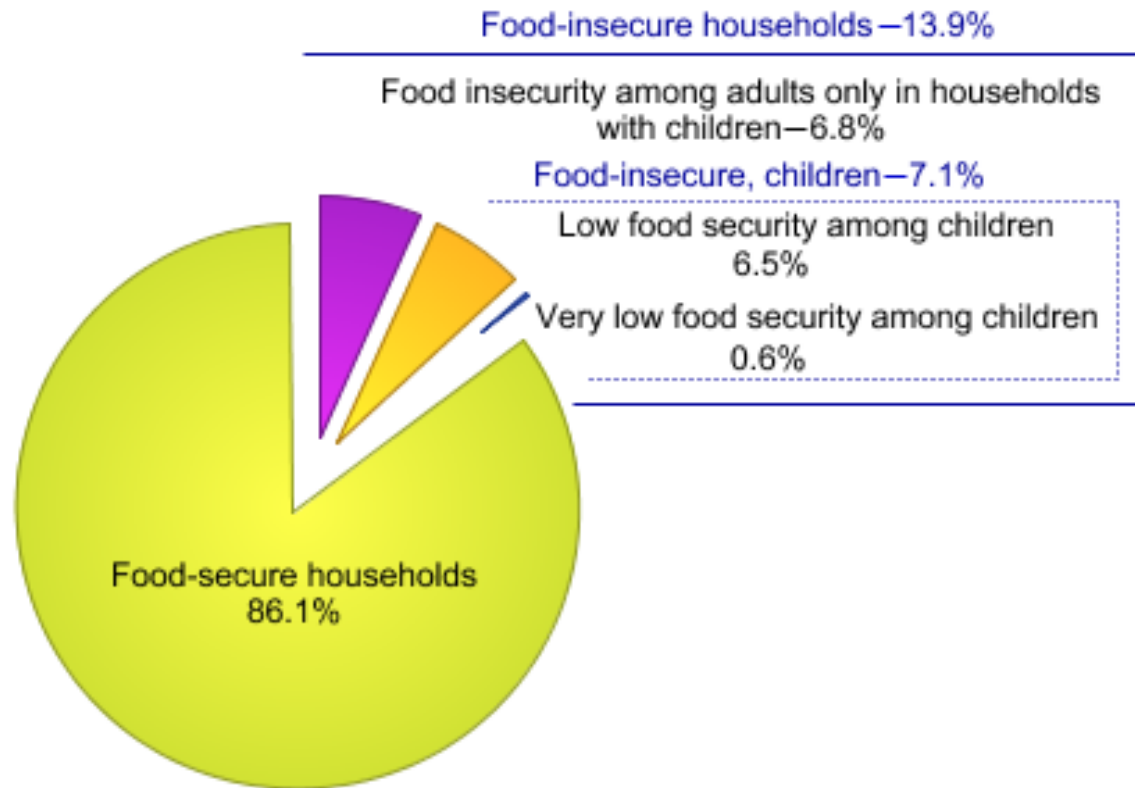


Source: USDA, Economic Research Service, using data from the December 2018 Current Population Survey Food Security Supplement.



CHILDREN AND FOOD INSECURITY

U.S. households with children by food security status of adults and children, 2018



Note: In most instances, when children are food insecure, the adults in the household are also food insecure.

Source: USDA, Economic Research Service, using data from the December 2018 Current Population Survey Food Security Supplement.

CHILDREN AND FOOD INSECURITY



GENDER AND FOOD INSECURITY



RACE/ETHNICITY AND FOOD INSECURITY



AGE AND FOOD INSECURITY

POLL 3

Food Security is achieved when a person has sufficient food that meets their nutritional needs.

A) True

B) False

COMPONENTS
OF FOOD
SECURITY



COMPONENTS OF FOOD SECURITY



- Quantity
 - An individual has a sufficient amount of food to meet their needs

COMPONENTS OF FOOD SECURITY



- Quality
 - The food is nutrient-dense

COMPONENTS OF FOOD SECURITY



- Suitability
 - The food is acceptable given an individual's needs, beliefs, and culture

COMPONENTS OF FOOD SECURITY



- Psychological
 - An individual's food supply is sufficient to alleviate feelings of anxiety, deprivation, and monotony





COMPONENTS OF FOOD SECURITY



- Social
 - Foods have been acquired in a socially acceptable way

POLL 4

Food insecurity is associated with increased risk for:
(choose all that apply)

-  A) Cardiovascular disease
-  B) Type 2 diabetes
-  C) Sleep disorders
-  D) Behavior problems in young children

EFFECTS OF FOOD INSECURITY

An orange callout box with a circular orange gradient on the left side and a white arrow pointing right towards the text.

Physical Health

A yellow callout box with a circular yellow gradient on the left side and a white arrow pointing right towards the text.

Mental Health

A grey callout box with a circular grey gradient on the left side and a white arrow pointing right towards the text.

Social Health

EFFECTS OF FOOD INSECURITY



- Physical Health Consequences of Food Insecurity

EFFECTS OF FOOD INSECURITY



- Physical Health Consequences of Food Insecurity
- Greater risk of premature death

EFFECTS OF FOOD INSECURITY



- Physical Health Consequences of Food Insecurity
 - Greater risk of premature death
 - Increased risk of death from cardiovascular disease, stroke, diabetes, and infectious diseases

EFFECTS OF FOOD INSECURITY



- Mental Health Consequences of Food Insecurity

EFFECTS OF FOOD INSECURITY



- Mental Health Consequences of Food Insecurity
- Increased frequency of depression symptoms

EFFECTS OF FOOD INSECURITY



- Mental Health Consequences of Food Insecurity
 - Increased frequency of depression symptoms
 - Increased risk for anxiety

EFFECTS OF FOOD INSECURITY



- Mental Health Consequences of Food Insecurity
 - Increased frequency of depression symptoms
 - Increased risk for anxiety
 - Increased risk for sleep disorders

EFFECTS OF FOOD INSECURITY



- Mental Health Consequences of Food Insecurity
 - Increased frequency of depression symptoms
 - Increased risk for anxiety
 - Increased risk for sleep disorders
 - Increased behavior problems in children

EFFECTS OF FOOD INSECURITY

- Social Health Consequences of Food Insecurity



CHALLENGES TO ACHIEVING FOOD SECURITY



CHALLENGES TO ACHIEVING FOOD SECURITY

- Identifying food insecure individuals
 - National rates of food insecurity are established by a distributed annual survey
 - Screening for food insecurity in all settings may not be feasible





Hunger Vital Sign™

A validated tool to screen for food insecurity

Within the past 12 months, we worried whether our food would run out before we got money to buy more.

- Often true
- Sometimes true
- Never true

Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.

- Often true
- Sometimes true
- Never true

A patient or family **screens positive** for food insecurity if the response is "often true" or "sometimes true" to either or both of these statements.



Learn more about screening for and addressing food insecurity in health care settings at FRAC.org

Hager, E. R., Quigg, A. M., Black, M. M., Coleman, S. M., Heeren, T., Rose-Jacobs, R., Cook, J. T., Ettinger de Cuba, S. E., Casey, P. H., Cilton, M., Cutts, D. B., Meyers A. F., Frank, D. A. (2010). Development and Validity of a 2-Item Screen to Identify Families at Risk for Food Insecurity. *Pediatrics*, 126(1), 26-32. doi:10.1542/peds.2009-3146.

CHALLENGES TO ACHIEVING FOOD SECURITY

- Access to food resources
 - Depending on citizenship, an individual living in the US may or may not be eligible to receive some benefits
 - Some programs may provide assistance to certain groups of people (i.e. WIC)
 - Community resources like food banks may be difficult to access



CHALLENGES TO ACHIEVING FOOD SECURITY

Addressing all
components of
food security



APPROACHES TO IMPROVING FOOD INSECURITY



**FOOD ASSISTANCE
PROGRAMS**



**EDUCATION
PROGRAMS**

APPROACHES TO IMPROVING FOOD INSECURITY

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

PHOTO [HTTPS://SNAPED.FNS.USDA.GOV/PHOTO-GALLERY/EBT-CARDS-SEVERAL-STATES /](https://snaped.fns.usda.gov/photo-gallery/ebt-cards-several-states/)





APPROACHES TO IMPROVING FOOD INSECURITY

SPECIAL
SUPPLEMENTAL
NUTRITION
PROGRAM FOR
WOMEN, INFANTS
AND CHILDREN
(WIC)



APPROACHES TO IMPROVING FOOD INSECURITY

NATIONAL
SCHOOL LUNCH
PROGRAM (NSLP)



APPROACHES TO IMPROVING FOOD INSECURITY

SUPPLEMENTAL
NUTRITION
ASSISTANCE PROGRAM
EDUCATION
(SNAP-ED)

CHAT

What is one strategy you have found to be effective in supporting participants to improve their nutrition or food security?

What is a challenge have you seen in supporting participants, and how have you worked to overcome that challenges?

CURRENT RESEARCH



UCDAVIS

DEPARTMENT of NUTRITION

<http://nutrition.ucdavis.edu>



CENTER for NUTRITION in SCHOOLS

CONNECTING FOOD, HEALTH, AND LEARNING

<http://cns.ucdavis.edu>

Thank You for Participating!

Please Complete the Evaluation

https://ucanr.col.qualtrics.com/jfe/form/SV_8oldcdm0bLVaYIJ

